

I Want to Do It

Learning to Do Things Alone Can Be Fun!



1. It doesn't take long for children to express their need to do things on their own- little by little they will learn to take care of their own needs
2. Although each child is different and develops at his/her own rate, there are some broad guidelines that describe what children learn to do when- typically, a child...
 - ✦ **0-12 months:** learns the importance of trust, approval, and expressing wants and dislikes
 - ✦ **15 months:** points to things that are wanted, depends on others to satisfy needs
 - ✦ **18 months:** begins to want to do things without help, learning to recognize own feelings
 - ✦ **2 years:** tests limits of independence, parents seen as separate from self, fears develop
 - ✦ **3 years:** independent in dressing and toileting, proud of accomplishments, takes initiative in picking out toys and friends
3. It is important for you to encourage your child to learn new things and to give lots of praise when new things are accomplished- even if it isn't done exactly right
4. Talk with your health care provider if you have any concerns about what your child is doing alone- Good Luck!

